



Coaching Hints No 3.

Winter season

The winter season is a good time to reflect and plan for the coming summer season.

Here's the third hint to help you along your way on your bowling journey.

Use winter roll ups to practice the shots you might need but don't use frequently.

Shot selection and bowl placement are like the dark arts. You don't know when you'll need them. We all know players whose bowl placement away from the jack turns out to be the winning shot. Often we fail to understand that sometimes it's a better bowl that is placed just behind or to the side of the jack. This is a skill that needs practice not because it's hard to master but because it goes against our thinking that we must always be close to the jack regardless.

Do I need to practise???

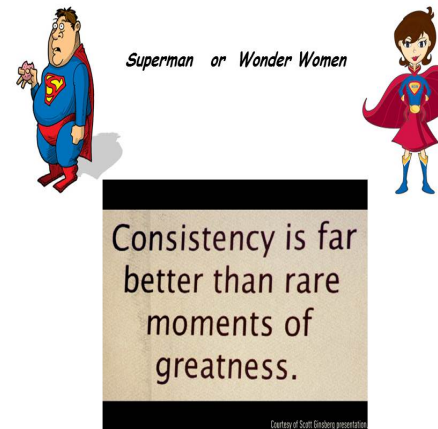
- ✓ Planned
- ✓ Specific
- ✓ Regular
- ✓ Thoughtful
- ✓ Discussed
- ✓ Focussed on ONE skill



Aim to train your body and muscle memory so you bowl the same way every time.

The answer is always YES. You can decide what, how and when. Or ask a coach to help.

You don't have to perfect all the time. If you have two bowls, try to get one exactly where you want it. If your skip wants a bowl in a certain place, check out why when you get to the other end. Look at the head and try to understand the placement of the bowls.



PRACTICE
makes
PROGRESS,
NOT
PERFECT.

Keep your focus on the positive aspects of your play. Remember the things you did well and don't beat yourself up if you make one or two errors whilst practicing. That's what practice is supposed to be. Try to end your session after completing a difficult shot that you've been trying to master or a short sequence of the same shot.

T Frankland. Winter 2020